

GROUP.X SCHEDULE

MONTREAL

JUNE 26TH - AUGUST 26TH 2018

For any questions or comments please contact info@clubmansfield.ca.

Classes are subject to cancellation based on attendance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM			SPIN POWER® 6H30 - 7H15 ROBERT		SPINNING® 6H30 - 7H15 ROBERT		
	METCON 7H - 7H45 GUY	MAC BODY SCULPT 7H - 8H LAURA-LYNE	METCON 7H - 7H45 GUY	TABATA 7H - 7H45 GUY	METCON 7H - 7H45 GUY	ZUMBA® 10H - 11H KYMBERLY	
			YOGA VINYASA 7H - 8H ELAINE			YOGA ASHTANGA 2 10H - 11H30 ARI	SPINNING® 10H - 11H MYRIAM
	METCON 11H30 - 12H15 GUY	HIIT 11H30 - 12H15 MYMUNA	METCON 11H30 - 12H15 YVETTE	K.BOX BOOTCAMP 11H30 - 12H15 ANH-TUE	METCON 11H30 - 12H15 GUY	TABATA 11H - 12H YVETTE	BOOTY BOOTCAMP 11H - 12H YVETTE
	PIYO® 11H30 - 12H15 MARIE-ÈVE	HOT BOOTY BALLET 11H30 - 12H30 JENNIFER	PILATES 11H30 - 12H15 MYMUNA	YOGA VINYASA 11H30 - 12H30 ANGELA	HOT BOOTY BALLET 11H30 - 12H30 JENNIFER		MORNING FLOW YOGA 11H - 12H KATIE
	SPIN POWER® 12H15 - 13H15 MYRIAM	SPIN POWER® 12H15 - 13H15 STEVE	SPINNING® 12H15 - 13H15 STEVE	SPIN POWER® 12H15 - 13H15 MYRIAM	SPINNING® 12H15 - 13H15 STEVE		
		CLUB DE COURSE 12H15 - 13H15 ANH-TUE			CLUB DE COURSE 12H15 - 13H15 FRANÇOIS		
	INSANITY® 12H20 - 13H20 MARIE-ÈVE	POWER BOXE 12H20 - 13H20 DOMINIC	LEVEL UP 12H20 - 13H05 YVETTE	ROCKIN' BOTTOM 12H20 - 13H20 MYMUNA	ZUMBA® 12H30 - 13H30 ANDREA		
	YOGA ASHTANGA 12H35 - 13H35 ARI	YOGA VINYASA 12H35 - 13H35 ARI	HONEY FLOW 12H20 - 13H20 ANGELA	BALLET BARRE 12H30 - 13H30 DAHLIA	YOGA ASHTANGA 12H35 - 13H35 ARI		

LEGEND

AIM STUDIO (SPINNING)

TRINITY STUDIO

AEROBIC STUDIO

OUTDOORS

CROSSFIT STUDIO

 NEW CLASS

BODYSHRED® 16H45 - 17H15 GUY	BALLET BARRE 16H45 - 17H25 DAHLIA	LEVEL UP 16H45 - 17H25 YVETTE	ZUMBA STEP® 16H45 - 17H30 LAURA-LYNE	
YOGA ASHTANGA 17H30 - 18H30 ARI	PILATES 17H30 - 18H30 MYMUNA		HOT BOOTY BALLET 17H30 - 18H30 SUAAD	ESSENTRICS 17H30 - 18H30 ALLISON
BARBELLBURN 17H30 - 18H15 MYRIAM	EPIC 17H30 - 18H30 ANH-TUE	BARBELLBURN 17H30 - 18H15 MYRIAM	ABSOLUTION 17H30 - 18H ANH-TUE	TABATA 17H30 - 18H30 YVETTE
BEAT SPIN® 17H30 - 18H15 MARA		BEAT SPIN® 17H30 - 18H15 MARA	SPIN POWER® 17H30 - 18H30 ROBERT	
ZUMBA® 18H30 - 19H30 DIEGO	STRONG BY ZUMBA® 18H30 - 19H30 KYMBERLY	BOXE CAMP 18H30 - 19H30 DOMINIC	EPIC 18H - 18H45 ANH-TUE	
HOT BOOTY BALLET 18H30 - 19H30 SUAAD	PIYO STRETCH® 18H30 - 19H30 MARIE-ÈVE	YIN YOGA 18H30 - 19H30 HANNAH	YIN YOGA 18H30 - 19H30 KATIE	
SPIN POWER® 18H30 - 19H30 MYRIAM	INTRO TO CROSSFIT 18H30 - 19H30 SCOTT	SPIN POWER® 18H30 - 19H30 MYRIAM	BOXEVENT 18H45 - 19H30 DOMINIC	



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Class times, formats and instructors are subject to change. Please visit clubmansfield.ca/group-exercise to consult the latest version of the schedule.